



PHYSICAL ACTIVITY: Recommendations



Best Practice Standards

- Provide adequate space, both inside and outside play
- Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity
- Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation
- Require caregivers/teachers to promote children's active play and participate in children's active games at time when they can safely do so
- Do not withhold active play from children who misbehave
- For birth to 6 years, provide 2-3 occasions daily active play outdoors, weather permitting
- For toddlers, 60-90 minutes/8-hour day for moderate to vigorous physical activity
- For preschoolers, 90-120 minutes/8-hour day for moderate to vigorous physical activity
- For children birth to 6 years, 2 or more structured or adult-led activities or games that promote movement daily
- Daily supervised tummy time for infants
- Use infant equipment (swings, stationary centers, seats, bouncers) only for short periods of time, if at all

American Academy Of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. 2011. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs. 3rd edition.* Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Also available at <http://nrckids.org>.

June 2012

ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

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